



TIGER SPIRIT
KARATE ACADEMY

8th Kyu Sho (Yellow Belt White Stripe)
For children under 13 years
Grading Requirements

Approved: June 2018

Grading Information:

This grading should take between 15 to 25 minutes to complete.
(Average time 17 minutes)

Students don't have to know the names of the techniques in Japanese, but must at least know them in English

The following pass scores are required in the following sections:

Kihon (Basics): 80%
Kumite (Fighting Sections): 80%

Every count in the grading is worth 1 point!

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KIHON – Stationary Basics

Dachi : Heisoku, Yoi, Kiba.

*The following in **Kiba Dachi***

Uke : Soto, Gedan Barai (complete arm action, but not swapping arms)

Tsuki : Choku.

Uchi : Uraken, Tettsui,.

*The following in **Kamae:***

Keri : Hiza, Mai.

*The following in **Yoko Kamae:***

Keri : Yoko Fumikeri.

*The following in **Chikaku Kamae:***

Tsuki: Tate, Kizami,

KIHON – Moving

The following in forwards direction only...

Zenkutsu Dachi:
- Oi Tsuki

Tip: Complete the stance movement before starting the punch

KIHON IPPON KUMITE (Basic One Step Fighting – No evasion)

Attacker: Oi Tsuki Chudan.

Defender: Back into Zenkutsu Dachi, Soto Uke, Gyaku Tsuki.

GOHON KUMITE (Five Step Fighting)

Attack for 5 count

- 1) Oi Tsuki Chudan
- 2) Oi Tsuki Jodan

Defend for 5 count

- Zenkutsu Dachi, Soto Uke (All 5 counts)
- Zenkutsu Dachi, Jodan Uke (All 5 counts)

Jiyu Kumite (Free Fighting)

- 1) Knowledge of protocol
 - Bows (how and when)
 - Signalling your training partner to stop.
- 2) Close range and long range fighting positions with a good guard and a stable stance.